

Patient Newsletter

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Summer is coming to a close and the seasons are rolling on

In November the practice will be welcoming Dr Emma Evans who will be with the practice for 6 months as cover for Dr Jo Wisely whilst she is on maternity leave.

We wish Dr Wisely all the very best and look forward to her return late spring of next year.

Flu Vaccination Programme 2010

The 'flu season approaches and so our vaccination programme will be beginning in October. We will be running 2 major Saturday morning clinics on **2nd October and 16th October**: please book as soon as possible.

There will be a further clinic later in the month for any that have missed the 2 main clinics. All those entitled to free 'flu vaccination are also entitled to free **pneumonia vaccine** - a single dose gives life-long protection - you will be offered this at the same time. **Swine 'flu** is still circulating and the most vulnerable will be offered an additional immunization for this as well.



As part of our Saturday morning flu clinics we will be welcoming the presence of Dorset Fire and Rescue Service who will be present to offer appointments for home fire safety visits. (please see overleaf for further details).



Saturday Surgeries

In our last newsletter we were pleased to announce that the a Saturday surgery will now be offered here at Rosemary Medical Centre working in a three week rotation with Heatherview Medical Centre and Madeira Medical Centre .This will provide an all day Saturday clinic (09.00 – 16.30) servicing the needs of local patients including Rosemary Medical Centre. If you have not already used the service it is run by local GP's and

Nurses and will offer most services you currently have access to in the surgery; including, pre-bookable appointments (up to 1 month in advance), same day appointments, emergency triaging by a GP and home visits. Unfortunately, it cannot take blood or urine samples due to the fact that the hospital do not accept routine samples on a weekend and repeat prescriptions can also not be collected. You can book an appointment at this Saturday clinic by calling or visiting Rosemary Medical Centre during the week where the receptionist will inform you of the exact location when you make the appointment.

Lloyds pharmacy is pleased to announce that they will also be open when Rosemary is running a Saturday surgery (once every three weeks). This will be on a trial basis to gauge interest. The pharmacy will be open for everyone not just those patients attending the Saturday clinic at the surgery.

Please support your local pharmacy.



Travel Immunisations

If you are looking to travel this autumn and winter we can offer the full range of foreign travel immunisations except Yellow Fever, which our local colleagues can do.

Planning

It is sometimes necessary to allow 8 weeks to complete a course of immunisations, **so please book an appointment with the nurse in good time.**

On booking an appointment you will be asked to complete a travel questionnaire so that we can ensure that there we have the vaccines in stock and that you can complete your course of immunisation prior to travel. Vaccinations for Hepatitis A, Tetanus/Diphtheria/Polio and Typhoid can be prescribed and so are free of charge, but for those vaccinations we cannot prescribe, private charges apply.

Information - [NHS Fitfortravel](http://www.nhs.uk/fitfortravel) can give information on the vaccinations/medications you are likely to need, and current advice for malaria.



News from Dorset Fire and Rescue Service: Making your home safer

An “accidental dwelling fire” is a preventable fire in your home. In 2009, Dorset Fire and Rescue Service attended 520 of these fires which could have been avoided if people were more aware of basic fire safety at home. Being alert to the dangers of fire and taking steps to avoid it could help save the lives of you and your family.

Your home is full of possible fire risks; if you are aware of these you can reduce the chances of a fire starting. Some of the most common causes of fires in the home are:

- Cooking – including chip pans and deep-frying
- Smoking
- Candles
- Heaters and fires
- Overloaded or faulty electrics
- Children’s curiosity



Owning and maintaining a smoke alarm is the most important part of keeping you safe in your home. In addition to this there are a lot of other ways to keep you safer;

Never leave cooking unattended. Lots of things can take your attention away, the phone may ring, someone may call at the door or the children might be calling your name. It is far safer to turn the cooking off than leave it, a fire will only take seconds to start and by the time you return your entire kitchen could be on fire.

If you smoke, it is always important to ensure that you put your smoking materials completely out. Tobacco is designed to stay alight, which is why cigarettes can start an accidental fire so easily.



Across the UK more than 15,000 candle fires are reported annually. Most candle fire incidents are due to carelessness or misuse of candles. Never leave a lit candle unattended and make sure you put out candles before moving them. Don't let anything fall into the hot wax, like matchsticks.

Darran Gunter, the Chief Fire Officer said: “Remember you can ask for a free Home Safety Check from Dorset Fire and Rescue Service, where we can either visit you in the home or send you some simple guidance to allow you and your family to be safer”

If you would like more advice on our Home Safety Checks and free smoke alarm fitting please call 01305 252600 or go to www.dorsetfire.gov.uk